

THE WIND

The Official Publication of Joint Task Force



Go early, be prepared

FFSC gives advice about transition services

GTMO's Dr. Dolittle

Veterinarian takes care of GTMO's four-legged friends

Ghosting around GTMO

AROUND THE BAY

AND IN OUR PAGES



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Cover photo by Sgt. Cassandra Monroe

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BAY WIRE REPORT

Volunteers needed



The U.S. Geological Survey is looking for Troopers to volunteer for the USGS/GTMO Manatee Project.

Studies will be conducted Nov. 9-14.

Volunteers are needed for the net boat crew and manatee handling, spotters for land and boat-based observers and the manatee assessment team. For more information e-mail gtmomanatee@gmail.com.

Power Down

There will be a scheduled power outage at Denich Gym Nov. 2, 6 a.m.-6 p.m. and Nov. 3, 6 a.m. - 2 p.m. Denich Gym will be the only affected facility for this outage.

Marine Hill Gym and Camp Bulkeley Gym will not be affected and will remain open during the outage.

FY-14 tariff rate change

AMC rotator flight rates have changed for fiscal year 2014. Check the JTF-GTMO Sharepoint for new prices on air travel to and from Guantanamo Bay or talk to your admin NCO.

Time to Rewind

Be sure to set your clocks back



Daylight Savings Time ends

Sunday, Nov. 3, 2 a.m.

CORRECTIONS Please report all corrections to thewire@jtfgtmo.southcom.mil



THE WIRE

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Religious Services

NAVSTA Chapel

Catholic Mass
Mon.-Thur. 5:30 p.m.
Saturday 5 p.m.
Sunday 9 a.m.

Protestant Services

General Protestant
Sunday 11 a.m.
Gospel Worship
Sunday 1 p.m.

Chapel Annexes

Pentecostal Gospel
Sunday 8 a.m. & 5 p.m.,
Room D

LDS Service

Sunday 10 a.m., Room 19

Islamic Service

Friday, 1:15 p.m., Room 2

Seventh Day Adventist

Friday, 7 p.m., Room 1
Sabbath School: Saturday 9:30 a.m.,
Room 1
Sabbath Service: Saturday 11:00 a.m.,
Room 1

JTF Trooper Chapel

Protestant Worship
Sunday 6:40 a.m.
Sunday 9 a.m.
Sunday 7 p.m.

Transportation Schedules

Bus #1, 2, 3:

Camp America - :00, :20, :40
Gazebo - :01, :21, :41
Camp America NEX - :02, :22, :42
Camp Delta - :04, :24, :44
Camp 6 - :07, :27, :47
TK 4 - :13, :33, :53
JAS - :14, :34, :54
TK 3 - :15, :35, :55
TK 2 - :16, :36, :56
TK 1 - :17, :37, :57
CC - :19, :39, :59
Windjammer/Gym - :22, :42, :02
Gold Hill Galley - :24, :44, :04
NEX - :26, :46, :06
NEX Laundry - :27, :47, :07
C Pool - :30, :50, :10
Downtown Lyceum - :31, :51, :11
NEX - :33, :53, :13
Gold Hill Galley - :35, :55, :15
Windjammer/Gym - :37, :57, :17
CC - :40, :00, :20
TK 1 - :41, :01, :21
TK 2 - :42, :02, :22
TK 3 - :43, :03, :23
TK 4 - :44, :04, :24
Camp 6 - :50, :10, :30
Camp Delta - :53, :13, :33
HQ Building - :55, :15, :35
Camp America NEX - :57, :17, :37
Gazebo - :58, :18, :38
Camp America - :00, :20, :40

NEX Express Bus

9:55 a.m. - 7:55 p.m.
Every hour at the stated times

Camp America - :55, :48

TK 1 - :05, :36

Denich Gym/Windjammer - :11, :31

Gold Hill Galley - :14, :29

NEX - :16, :27

Downtown Lyceum - :17, :25

Beach Bus

Sat. and Sun. only - Location #1-4

Windward Loop
9 a.m., 12 p.m., 3 p.m., 6 p.m.

East Caravella

SBOQ/Marina
9:05 a.m., 12:05 p.m., 3:05 p.m.

NEX

9:08 a.m., 12:08 p.m.,
3:08 p.m., 6:08 p.m.

Phillips Park

9:14 a.m., 12:14 p.m.,
3:14 p.m.

Cable Beach

9:17 a.m., 12:17 p.m.,
3:17 p.m.

Windward Loop

9:30 a.m., 12:30 p.m.,
3:30 p.m.

NEX

9:25 a.m., 12:25 p.m.,
3:25 p.m., 6:25 p.m.

SBOQ/MARINA

9:35 a.m., 12:35 p.m., 3:35 p.m.

Return to Office

9:40 a.m., 12:40 p.m., 3:40 p.m.

JOINT TASK FORCE GUANTANAMO



SAFE



HUMANE



LEGAL



TRANSPARENT



Honor Bound for a successful mission

By Rear Adm. Richard W. Butler

Joint Task Force Guantanamo Commander

Thanks to everyone who attended the 'All Hands' this week. We have an outstanding team and I am proud to be a part of it.

Allow me to reiterate a couple of the key points I made. First, YOU are the most important asset to the Joint Task Force Guantanamo mission and remain my number one priority. Let's continue to focus on the mission and be vigilant while on the job.

Second, our mission remains of critical importance to our Nation. We must continue to care for the detainees in a safe, humane, legal and transparent



Rear Adm. Richard Butler

manner. I'm always impressed by the professionalism of those on the front lines and I want you to know that I have your back.

Third, my vision is for everyone to have a successful, professionally and personally rewarding tour. I want you to be able to go home and tell your family and friends you served with honor. Some of the keys to that is to remain safe, not only on the job but while on liberty. A majority of reported injuries at JTF happen while on liberty.

Whether diving, boating or playing softball, safety must be the focal point of everything we do. Ensure that the proper personal protective equipment is used along with the buddy system. Don't use shortcuts

when it comes to proper planning and procedures.

Some of the barriers to a successful tour are alcohol abuse, sexual harassment, and improper relationships. While these issues don't apply to most, a very small percentage of JTF troopers continue to stumble. Let's look out for one another and ensure a successful tour for everyone.

Another issue relates to some feedback I received lately. I'm working hard with the JTF Sergeant Major on quality of life issues such as housing. That being said we must take care of what we have.

Lastly, our vital mission will continue leading into the holiday season. Keep looking out for our fellow Soldiers, Marines, Sailors, Airmen and Coast Guardsmen. I am truly honored to be a part of this mission. Honor Bound!

Seeing beyond the uniform can reveal invaluable lessons

By Sgt. 1st Class Kristofer Kelley

NCOIC, 491st Military Police Co. Det 2

When you look through your ranks do you know what you have? Throughout the world there are many Reserve Troopers and National Guardsmen deployed and activated supporting the War on Terror. Most of the Troopers serving in those units have professional careers back home. They could be anything from civil servants, trade professionals, educators or employees in the retail and service industry.

I am guilty of the common, but erroneous, perception of "they aren't active duty so they don't know as much as I do."

When I was a young specialist in Afghanistan, on my second deployment, I was tasked to help train an Army National Guard unit to take over an Entry Control Point (gate). One of the Guardsmen was a specialist in his mid-30s. My first thought of him was, "he must not be a good Soldier because he is so much older than me and yet is the same rank as me."

After talking to him that day while working on the gate, I



Sgt. 1st Class Kristofer Kelley

learned he was a city K-9 Police Officer with more than ten years of law enforcement experience. He told me he joined the Army National Guard at a later-than-normal age to serve his country after the attacks of 9/11. I was blown away by this specialist and all the life experience and knowledge he had.

I am telling you this now because we need to remember to look through our ranks and know our Troopers. You never know what kind of expertise your Troopers might have hidden behind their military uniform.

For example, in my own unit, our lieutenant might have only been in the Army for a few years, but if you stop and talk to him about his civilian career, you would learn he is a Deputy District Attorney for San Bernardino County, Calif. So not only is he an Army Reserve military police lieutenant, he is also lawyer with a ton of life and legal experience back home. I've learned a lot from him as a professional and as a leader.

What I would like you to take away from this article is don't judge a book by its cover and learn what kind of experience the Troopers around you have. With the mission always changing, you might need the expertise of a Trooper's civilian profession to help accomplish your unit's mission.

Mailing it in for the holidays

By Sgt. David Bolton
Copy Editor, JTF-GTMO/PAO

With the holidays quickly approaching, Soldiers, Marines, Sailors, Airmen and Coast Guardsmen may want to send gifts home to family and friends, or get packages from loved ones. The one way for Troopers and family members to make this happen is to use the United States Postal Service. But before you go running off to the post office to mail things home, there are some things you should be aware of.

Around this time of year, the USPS usually gets pretty busy and there may be lines for mailing packages and letters back home which should be accounted for. GTMO residents should not show up five minutes before closing time and expect to mail half of their personal possessions back home. Give yourself some time. Also, with the constant turning over of units and individuals PCSing on and off the island, the GTMO post offices can become even busier.

Navy Petty Officer 1st Class Brenda Ponce, a logistics specialist with J1 and Joint Task Force GTMO postal clerk, said when Troopers come to the post office to send mail off, there are some precautions they need to take to make sure their mail gets home as soon as possible.

“I recommend insurance,” said Ponce, “If you insure your package, you are guaranteed money back should your package be lost or damaged.”

Ponce added that, in addition to insurance, people need to mind the details of the mailing address lines on the parcels.

“Make sure the address line is legible and correct,” said Ponce. “Mail can, and has been, returned because of something as simple as a wrong zip code.”

Another very important item that residents need to remember is to make sure that “Guantanamo Bay” is not spelled out in the address line of packages. If you don’t put the APO/AFO address, the parcel will more than likely be sent to that country



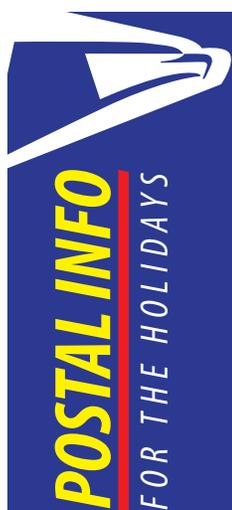
Photo illustration by Sgt. David Bolton/The Wire

or area of the country, instead of the military installation. This means your package could be sent to Guantanamo City, Cuba, instead of U.S. Naval Station Guantanamo Bay, Cuba.

To ensure that packages get to where they need to go, when they need to get there, Ponce recommends getting your post in as soon as possible due to the time it takes to get things back to the U.S.

“When packages are mailed, it will typically take about 10 days for them to reach their U.S. destinations once they have been loaded onto the cargo plane which leaves Tuesdays and Fridays,” said Ponce. “Getting your packages turned in before the flights are better bets for getting the mail home in a timely manner.”

It is important to keep in mind that the USPS is the only postal service offered at GTMO. Residents cannot ship or receive items via UPS Inc., FedEx or DHL.



- The United States Postal Service limits the weight of parcels to 70 pounds if they are being sent to the U.S. Items sent internationally in priority boxes are limited to 20 pounds
- If Troopers want to be charged the standard shipping rate, they will need to provide their own boxes, tape and packing material. If they bring their own box and use the priority tape to seal it, they will be charged with the priority price
- USPS.com provides more information about international regulations on what can be shipped to what country
- All packages automatically receive insurance of \$50 when they are shipped priority
- Two identification tags are needed for footlockers, duffle bags and suitcases
- No sending alcohol back to the U.S.
- Customs forms are required for parcels that weigh 16 ounces or more

For outgoing and incoming mail, use the following address:

Rank, Last name, First name
JTF-GTMO-[your unit/work section]
APO, AE 09522-9998



PARKLAND

Courtesy American Film Company

A new point of view of 11/22/63

Review by Sgt. 1st Class Gina Vaile-Nelson

Editor, thewire@jftgmo.southcom.mil

It has been a while since a movie has left me utterly drained, but after 93 minutes inside "Parkland," I left the Lyceum Friday night feeling like I just stepped out of 1963, and I lived through Kennedy's assassination.

Whether you are a conspiracy theorist, a Camelot know-it-all or someone who slept through American History class, writer-director Peter Landesman recreated Nov. 22, 1963, with the velocity of a drama and the details of a documentary. Sure, you know what happens in the end – we've seen the footage, read the accounts. But what sets "Parkland" aside from other movies made about one of the most traumatic episodes in the 20th century, is it tells the story through the unknowns.

From Abraham Zapruder's (Paul Giamatti) first reactions to what he captured through the lens of his state-of-the-art 8mm movie camera, to the inside of Parkland Hospital emergency room (a place we've never been), where doctors Jim Carrico (Zac Efron) and Malcom Perry (Colin Hanks), feverishly attempt to save Kennedy; the scenes chaotically switch from person-to-person, showing the raw, traumatic and deplorable hours after Kennedy was shot.

What surprised me the most was the attention paid to Robert Oswald (James Badge Dale), the brother of Lee Harvey (Jeremy Strong). The disappointment, the heart ache and embarrassment he felt in his younger brother hits you in your core. The interaction between the two in a visiting room leaves you feeling the anguish. And as his mother Marguerite (Jacki Weaver) spins conspiracy theories, you see the hurt, the aggravation and detriment in his eyes – and immediately feel compassion for someone who didn't ask to be in the nation's spotlight.

At no time do you directly view the assassination, and I appreciate that. One poignant cinematographic event was viewing the footage as a reflection in Zapruder's glasses. It was as if I was inside his head, reliving the moment with him, clenching my teeth as tears fell.

While other reviewers and bloggers have complained that this movie shows nothing new; has no point or isn't well-rounded at the end, "Parkland" is well worth a visit to the Lyceum. It will probably find its way into my DVD collection as well.



The raw emotion – the gut wrenching fear, sadness and trauma will leave you drained. I'm a fan of all things Camelot, and I enjoyed this new perspective on something that's already been done. You didn't need "acting" to tell this story. For that, I give it four banana rats.

Good for a date night or funny film with the friends, "Don Jon" doesn't fall short

Review by Capt. Brian Pennington

Command Information OIC, thewire@jftgmo.southcom.mil

If you are interested in laughing a lot and being surprised in the end, "Don Jon" is the movie for you.

Producers Ram Bergman and Nicolas Chartier have a twisted way of telling a love story while highlighting the life of a single guy.

Jon Martello Jr. (Joseph Gordon-Levitt) is a porn-addicted, womanizing, confident, brash, arrogant bachelor in his 20s. Known by his buddies as "Don Jon," he is a man on a mission.

Jon continuously searches for love and finds it in the most random of places. During all this, he pursues his true hobbies: developing his body, working on his apartment and showing off his car. He even focuses a bit more on family, spending time with his friends, romantic interests and yes, porn.

The acting is excellent, the storyline is funny but some people might find the material to be a little tasteless. If you're interested in a funny flick, leave the kids at home and arrive prepared to laugh. If you are easily offended, skip this one because it borders on offensive.

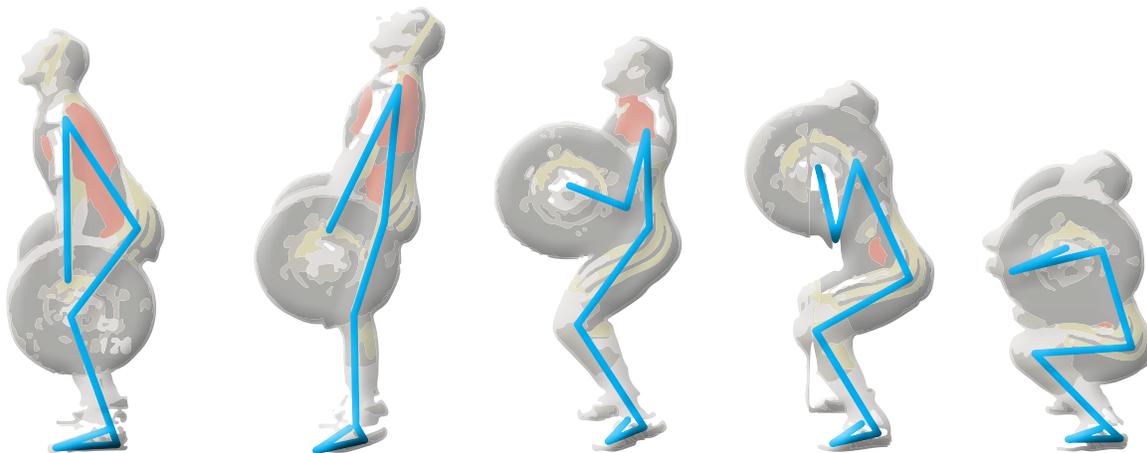


Overall, I am satisfied with the film. The storyline was surprising and funny. Some of the material seemed to be over-the-top, and lacked that "edge of my seat, what will happen next" feeling. The

producers took a big chance with the storyline, and for that I'm giving it four banana rats.



Courtesy Voltage Media



Strong shoulders

Review by 2nd Lt. John-Charles Bautista
357th Military Police Co., thewire@jtfgtmo.southcom.mil

Weight lifters who possess strong shoulders while maintaining a well-rounded look separate the beginners from the veterans in the gym. A majority of lifters focus their shoulder workout on a lot of varied types of overhead presses. There is nothing necessarily wrong with this from a sports performance perspective however, from a body building stand point, your shoulders will look very unbalanced.

Try this program and remember that shoulders require more repetitions in order to gain greater development. For example, trying to max lift lateral raises for three sets of two to three repetitions does not make any sense. But if you follow up that heavy set with a drop set

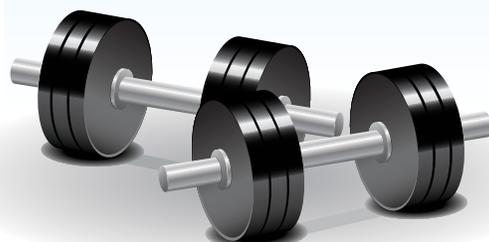
of 10 reps using a lighter weight, you will feel the muscular hypertrophy, aka “the pump.”

For developing the traps, nothing will compare to doing hang-cleans. When you look at football players who appear to have no neck, nine out of 10 times this is because of cleans. Hang-cleans are one of the most important total body exercises which will release a significant amount of testosterone in the body and promote muscle growth.

Bent over lateral raises are critical to develop the rear deltoids. Ensure you keep a good forward lean while keeping your abs tight and lift the weight so that your upper body forms a “T.” Do not forget to squeeze the shoulder blades together when performing this exercise.

Shoulder Shaping 101

- Hang clean 3x10
- Seated overhead press 3x10
- Lateral raise 3x15
- Front raise 3x15
- Bent-over lateral raise 3x10



Now Showing!

at the Downtown and Camp Bulkeley Lyceums

Call the Movie Hotline at 4880 or visit the MWR Facebook page for more information

01	FRIDAY	02	SATURDAY	03	SUNDAY	04	MONDAY	05	TUESDAY	06	WEDNESDAY	07	THURSDAY
	Free Birds (New) PG, 7 p.m. Parkland PG, 9 p.m.	Prisoners R, 7 p.m. Rush R, 9:45 p.m.	Captain Phillips PG, 7 p.m.	Insidious: Chapter 2 (LS) PG13, 7 p.m.	Don Jon R, 7 p.m.	The Family (LS) R, 7 p.m.	Cloudy with a Chance of Meatballs 2 (LS) PG, 7 p.m.						
	Prisoners R, 7 p.m. Don Jon R, 9:45 p.m.	Free Birds (New) PG, 7 p.m. Parkland PG, 9 p.m.	Insidious: Chapter 2 PG13, 7 p.m.	Lyceum closed Note: Concessions at Camp Bulkeley are also closed every night until further notice.	The Family (LS) R, 7 p.m.	Lyceum closed Note: Concessions at Camp Bulkeley are also closed every night until further notice.	Gravity PG13, 7 p.m.						

Stay classy, GTMO! No ALCOHOL or TOBACCO at the Lyceums!

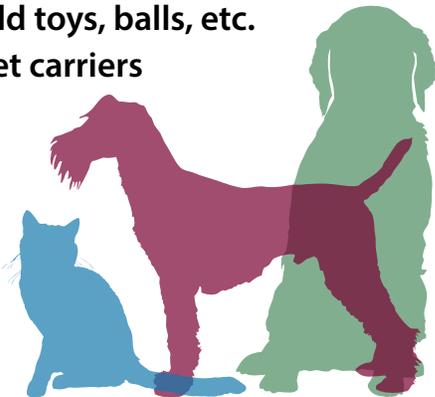


Army Capt. Emily Pearman, the officer in charge of Public Health Command, Fort Gordon District, Guantanamo Section, hugs onto Mia while Spc. Andrea Sanchez, an animal care specialist with the clinic, administers a vaccine Oct. 1, at the base Veterinary Clinic. The clinic provides base residents with pet care services including immunizations, basic wellness exams and surgeries.

Donations Accepted!

If you will be leaving the island soon or have any of the following items you would like to donate, the Veterinary Clinic is always looking for:

-  **Pet food**
-  **Paper towels**
-  **Grooming products**
-  **Old towels or blankets**
-  **Old toys, balls, etc.**
-  **Pet carriers**



Clinic cares for GTMO's furry friends

Story and photos by Sgt. Cassandra Monroe
Staff Writer, thewire@jtfgtmo.southcom.mil

When you enter the veterinary clinic, tucked away off Sherman Avenue at U.S. Naval Station Guantanamo Bay, you can expect a greeting from a friendly, smiling face; one that happens to have a long tongue, equipped with drool.

Don't worry, this isn't a typical greeting from a staff member, but if you pop in when the waiting room is full, you can expect it from one of the clinic's patients. On one afternoon it was from Gtmo, a spunky Goldendoodle ready for fun and action as his human checked him out from his appointment.

The team behind the clinic strives to maintain healthy pets on the base by ensuring their shots, vaccines, heartworm tests and treatments are up-to-date.

"As public health, we're part of preventative medicine,"

said Army Capt. Emily Pearman, officer in charge of Public Health Command, Fort Gordon District, Guantanamo Section.

“This includes basic surgery like dental cleaning because dogs and cats get dental diseases just like humans do.

“We do basic spaying and neutering to prevent unwanted pet populations as well as certain other surgeries,” she said.

The other surgeries include abdominal exploratory surgery for pets who ingest foreign objects and orthopedic procedures for ACL tears in dogs. But wellness exams, which allow time for veterinarians to be one-on-one with the pet and owner are the most common visits.

“That’s when we have conversations with the owners and their concerns, especially if they seem worried about anything specifically,” said Army Spc. Andrea Sanchez, animal care specialist with the clinic. “At that time we will make sure everything is taken care of.”

Pearman said that it’s also important for pet owners to get their animals into an appointment as soon as they arrive on island, so the staff gets to know the pets.

“It’s important to get your pets screened because if your pet gets loose, the only way to identify them is through a microchip we can scan under their skin,” she said. “Plus, it’s hard for me to know if something’s wrong if I’ve never seen your pet. If I don’t know what their normal personality is, it’s difficult for me to better assess the situation and it’s a lot easier to do preventative medicine versus letting something linger and it turning into an emergency.”

In addition to base resident’s pets, the unit also provides health treatment to the military working dogs on Guantanamo Bay by ensuring they are fit for duty anytime, anywhere. This requires them to see the dogs at least twice a year for full exams.

For off-duty hours, the team provides on-call care for the pets of Guantanamo Bay. Pearman advises residents to call ext. 2212 where they will be put in touch with the on-call health care specialist. The specialist will then screen the issue to see if it’s a true emergency or not, and will forward the call to Pearman.

Overall, the team at the veterinary clinic feels that their job is important and that each day brings something different.



Army Spc. Andrea Sanchez, animal care specialist, clips Star’s toenails while Army Staff Sgt. Michael Player, clinic noncommissioned officer in charge, tightly holds the dog Oct. 1. Troopers can volunteer at the clinic by calling the Red Cross to set up a time and date for volunteer hours.

“You never know what any day will bring,” said Pearman. “You have a schedule but you never know if you may have to end up doing an emergency surgery that day or doing paperwork. It can be days of boredom with bursts of excitement.”

For Sanchez, the hours spent at the clinic providing care to base animals is worthwhile.

“It’s a lot of hard work but it is so worth it to see them get better again and see them go back home to

their families,” she said. “It’s really awesome.”

Joint Task Force Guantanamo Troopers can also feel that satisfaction of providing care and comfort to the pets of GTMO. The Vet Clinic accepts volunteers through the Red Cross by calling ext. 2511, Monday through Friday to set up your hours.

The clinic also accepts donated items for the comfort of animals in their care.

Halloween GTMO st

Naval Station, JTF come together for spooky gathering

Story and photos by Sgt. Cassandra Monroe

Staff Writer, thewire@jftgtmo.southcom.mil

From costumes to candy, pumpkins to heart palpitations, there was something for every Trooper and base resident at U.S. Naval Station Guantanamo bay Oct. 25-27. The base kicked off Halloween with celebrations sponsored by the 525th Military Police Battalion, Child and Youth Programs, Morale, Welfare and Recreation office and W.T. Sampson High School.

"It's something special, we don't really have a fall season here so it's nice to be able to have fun and carve pumpkins," said Nicole Laban, GTMO resident, who attended the 3rd Annual Pumpkin Patch sponsored by CYP.

"It brings the community together," she said.

At the patch, families were able to participate in more than just picking pumpkins: there were different tables set up that featured pumpkin decorating, pumpkin carving, a face-painting station, a photo booth, hay rides and story time.

Since pumpkins don't grow native in Cuba, CYP had them shipped to the base in order for children to pick their own autumn staple. According to Mike Sombati, CYP director, it took a lot of coordination with the Naval Exchange to get the pumpkins here – he said it took ample hoping and praying that the barge would make it in time for the weekend's festivities.

"A lot of families come out and it's pretty exciting," Sombati said. "The kids get to come out and pick their pumpkins and it's a lot of fun to see the littlest kids try to pick the biggest ones."



After pumpkins were plucked from CYP's patch, the Downtown Lyceum flooded with goblins, ghosts and cuties for the second annual

Trunk-or-Treat Oct. 26.

There were people and vehicles decked out to the nines and spooks galore.

Ashley Clark, president of the 525th Military Police Battalion's Family Readiness Group, said this year's Trunk-or-Treat was double the size of last year's – which was only planned in two weeks.

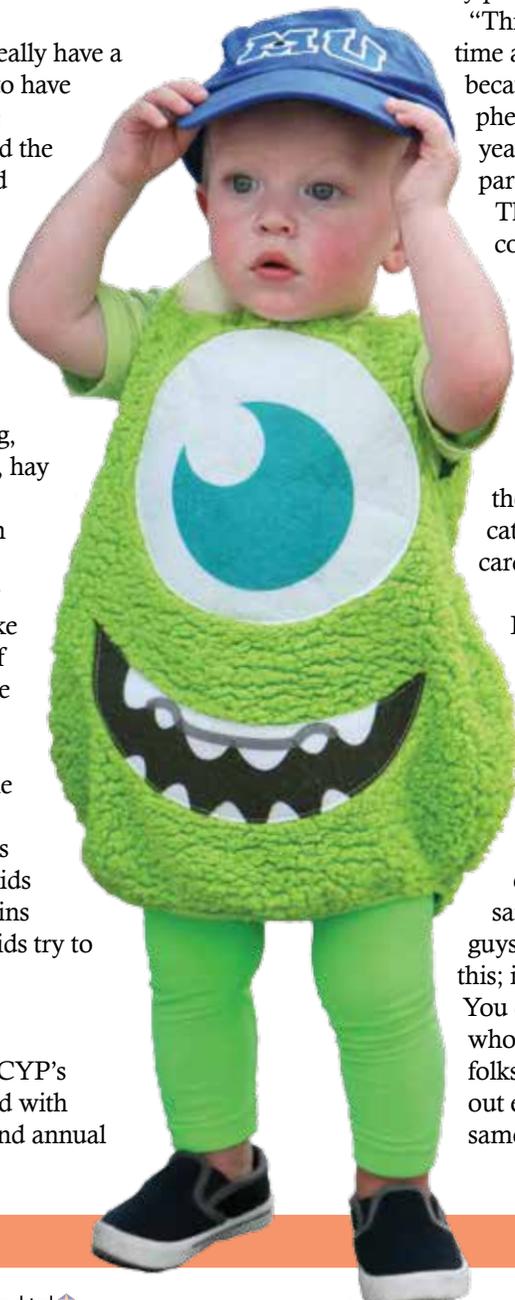
"This year, we had more planning time and we wanted to do it again because the feedback was just phenomenal," said Clark. "This year, we had 39 people sign up to participate in the event."

There were multiple costume contests ranging from ages 0-5, 6-11, 12-17 and 18 and above.

There were also contests for group entries, family entries and costumed vehicles. The vehicles were judged on creativity, the materials used and how the vehicle was incorporated into the design. The winner from each category won a Naval Exchange gift card and bragging rights.

Air Force Tech Sgt. Aaron Parks, a water fuel systems maintenance technician with the Base Engineer Emergency Force, said events like Trunk-or-Treat help boost team building among Troopers.

"Our guys today took the week to build this monster truck out of a front-end loader," he said. "It's pretty good to get the guys together and do an event like this; it brings morale up in the unit. You don't have one section doing the whole thing; you have a bunch of folks from different sections helping out each other to accomplish the same goal."





Navy Chief Petty Officer Heather Lewis, right, the command element flag writer with Joint Task Force Guantanamo, chases after a Naval Exchange gift card from Ashley Clark, the Family Readiness Group president of the 525th Military Police Battalion, at the Trunk-or-Treat event sponsored by the 525th MP Bn., Oct. 26. The event brought base residents and Service members together to celebrate the Halloween holiday. Lewis won best costume in the 18 and over costume category.



Overall, Clark said she was proud of the turnout that the event produced and thinks these activities offer Guantanamo Bay residents a chance to get in touch with their community.

“I’m really touched and honored that so many people wanted to participate,” said Clark. “I think it’s great for both families and Troopers because they’re having fun, they’re getting out of their rooms and doing something different. It’s nice to consolidate our activities and have one great big community event where everybody can flourish.”



As the sun set over the Lyceum, shrieks from the W.T. Sampson High School’s haunted house filled the muggy air. The

hard work of the students and Joint Task Force Guantanamo volunteers proved successful as residents and Troopers alike were scared and entertained at the old Wine Cellar.

“Having a haunted house at GTMO that’s actually scary pumps up the spirit here, because in the states you have haunted houses everywhere,” said senior Audrey Sellers, one of the event’s organizers.

“To have a haunted house in GTMO brings that homeliness back into the base and allows for people to volunteer, for students to have fun, and allows elementary to high school kids to have that all-American spirit experience.”

It took volunteers nearly a month to construct the project, which Sellers and her family helped design based off of other

houses they worked on in the states.

“My parents were part of professional haunted houses back in Washington State where we’re from, and we brought the influences from those houses down here,” she said.

“We did different rooms based on what I had seen in the old houses and made it fit to this new house. We even incorporated new rooms. It’s intense.”

The students asked for donations to support the 2014 senior class trip. The class raised more than \$1,500 in hopes to travel to Disney World or Jamaica during their spring break vacation.

“This is a donation-funded organization and we couldn’t get on this trip without the support of the community, which we thank everybody,” she said.

Bringing Bavaria to Cuba

MWR hosts traditional German fest with food, fun, steins

Story and photos by Spc. Lerone Simmons

Staff Writer, thewire@jtfgtmo.southcom.mil

Whether it was the bratwurst, sauerkraut or weiss in the das boot steins that brought Troopers and U.S. Naval Station Guantanamo residents out for the 2013 Oktoberfest, sponsored by Morale, Welfare and Recreation, one thing is for sure – fun was had by all.

“It turned out to be a great opportunity to interact with co-workers and peers outside of the work environment,” said Nikki Robinson, a security management specialist assigned to Joint Task Force Guantanamo badging.

“It’s important to get out and enjoy celebrations like these, especially for those who are deployed,” she said.

According to MWR Community Activities Director Stephen Prestesater, the Oktoberfest celebration was important for the entire community.

“I’m really happy that we got a big turnout,” he said. “We try our best to provide something different for both troops and families here, helping bring a sense of home to the GTMO community.”

“Usually the GTMO Oktoberfest celebration happens earlier in the month along with a band to perform, however, due to the shutdown, we had to pull together to still put this on for those here at GTMO,” he said.

The evening included a traditional Bavarian feast of wursts, sauerkraut and German potato salad, which is traditionally served hot rather than its American counterpart.

It was truly a community event, with the early evening



Scoby Doo and the gang from the famous cartoon, strike a pose while at the Morale, Welfare and Recreation program’s annual Oktoberfest celebration at the Windjammer ballroom, Oct. 27.

devoted to family fun and games.

“It was a kid friendly event,” said MWR Director Tara Culbertson.

Wearing a traditional dirndl for the evening, Culbertson said the focus of the evening is on the community, and bringing new traditions to GTMO.

“We do this because we care about the all-around morale,” she said.

The all-around morale is something that Troopers and residents of GTMO, included Marine Sgt. Marquise Dixon, administrative chief, Marine Corps Security Force Company, appreciate.

“MWR provides different activities for troops to help keep them occupied and this is also a great way to be able to explore another culture,” he said, adding he was glad to get one of the limited stein mugs available for purchase.

According to History.com, Oktoberfest began as a celebration for a royal wedding uniting Bavarian Crown Prince Louis, later King Louis I of Bavaria to Princess Therese von Sachsen-Hildburghausen. The festival’s highlight was several popular horse races, which then led to annual repeats around the same time each year in late September going into October – creating the Oktoberfest tradition.

Several times during the festivities a toast to good health was made, traditionally called “Ein Prost.”

The evening included games, a yodeling contest and keg throw, but as Troopers arrived in costume, it turned into an impromptu costume party as well.



Army Sgt. Antonio Archer, administrative non commissioned officer, assigned to Joint Task Force Guantanamo Public Affairs Office, exclaims after being kicked out of a game of musical chairs while attending the Morale, Welfare and Recreation program’s annual Oktoberfest celebration at the Windjammer ballroom, Oct. 27.

Carving in the Caribbean

By Spc. Lerone Simmons

Staff Writer, thewire@jtfgtmo.southcom.mil

From the moment you arrive on island, Troopers tell you all about the “must do” here at Guantanamo Bay: diving.

When you add a pumpkin, knife and dive gear together, you get a fun-filled day of GTMO’s finest – carving pumpkins under the sea for the 4th annual Pumpkin Carving Contest.

Hosted by the Reef Raiders, the tradition is just one more way for divers and Troopers to be competitive and creative. This weekend, more than 20 people converged on Windmill Beach to carve away.

“It was way more challenging than I thought,” said Army Spc. Clint Nosbisch, mechanic, 591st Military Police Company, who snorkel-carved his jack-o-lantern.

“It was hard to balance, especially when the pumpkin began to float; but overall, it was a great experience,” he said.



Photo by Petty Officer 1st Class Terry Vick/Radio GTMO

In the end, it was Navy Lt. Cmdr. Debra King, facilities engineering acquisition director for Public Works, who took the prize for overall best underwater carved pumpkin.

Courtesy of the Reef Raiders, she received a gift card to the Naval Exchange, a scuba tank and other prizes.

Troopers receive care in packages donated from California organization



Photo by Sgt. David Bolton/The Wire

Marine Sgt. Maj. Juan M. Hidalgo Jr., senior enlisted leader, Joint Task Force Guantanamo, passes out food to JTF-GTMO Troopers Oct. 29, at the Downtown Lyceum. The treats were sent by the California-based Words of Comfort, Hope and Promise foundation led by President Cynthia Martinez, as a way of thanking the Troopers for their continued service to America.



Photo by Sgt. David Bolton/The Wire

Taking the first steps

FFSC encourages Troopers to begin transition from duty early

Story by Sgt. Darron Salzer

Photo Editor, thewire@jftgmo.southcom.mil

The Fleet and Family Support Center this week released Transition Assistance Program: Goals, Plans and Success, a tool for Troopers and Sailors who will soon transition from the military or active duty.

“TAPS: GPS is designed to better facilitate transitions from military to civilian life, and is available to all Service members, including Reservists transitioning from deployment,” said Angel Holland, work and family life specialist with the FFSC.

Holland said emphasis is placed upon the personal life of Service members.

“Areas we focus on include: situations that may arise in relationships with spouses and family members, coping with stress, adjusting to changing finances, job searches and resume writing, and education,” she said.

The transitioning program is important for any Service member making the transition to civilian life. Since benefits are most important, the program also focuses heavily on information about what’s available through the Department of Veterans Affairs.

“Most Service members have questions about their veterans benefits,” Holland said. “But VA benefits are usually the last thing that separating Service members

think of when they are leaving the military, so the VA briefing we offer is one of the more vital pieces of information.”

Calvin Johnson, VA representative, said education benefits are a top priority for separating Service members.

“The biggest question veterans have is how do they access their Post 9/11 education benefits,” Johnson said.

“I would encourage transitioning Service members to think about their education benefits as early as possible before

leaving the military,” he said. “Think about where you want to go and make sure that school participates in the Yellow Ribbon program if that is something that is important to you.”

Johnson added that disability benefits and filing a claim with the VA is another top priority.

He recommended all Service members should have an eBenefits account set up with the VA prior to.

“Every member needs to set up their eBenefits account, and I cannot stress enough how important that is to have before you even come to the transitioning assistance class,” Johnson said. “That is your gateway to accessing all of your benefits, whether it’s school, disability, home loans, etc. It unlocks everything that Service members are afforded

after their service.”

Service members who attended an Oct. 28, class said the information was helpful.

“I never realized how helpful the VA is until today,” said Navy Petty Officer 3rd Class Benjamin Hoffman, command master-at-arms, NAVSTA.

“I thought that it was really only for disabled veterans, but now I know that there are many more benefits that anyone can take advantage of, especially when it comes to education benefits,” He said.

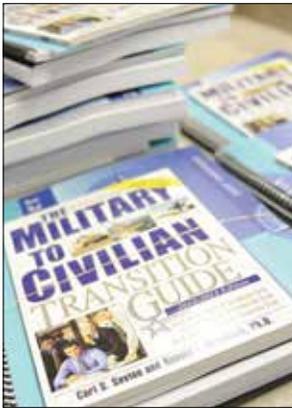
For Sailors like Hoffman, who is planning to separate from the Navy, it is recommended to start the process early.

“Service members who plan on separating from military service need to start that process as soon as possible, and the Department of Defense suggests beginning two years ahead of time,” Holland said. “This may be as simple as gathering all the information you can about your military service so you can understand what exactly you have to offer once you transition.”

Holland stressed that TAP: GPS is not just another “death-by-power point” class.

“The Individual Transition Plan – a 40-page document – created through the TAP: GPS class, goes over educational and personal goals,” she said.

“Transitioning from military service is a major milestone in one’s lifetime, so Service members should know that you are not just coming to another course, but you are creating a road map for your future that you can look ahead,” she said.



1 YEAR

- Complete Preseparation Counseling Checklist (DD form 2648 or 2648-1)
- Schedule pre-separation counseling with your Transition Office
- Develop Individual Transition Plan (ITP)
- Attend Transition: Goals, Plans, Success workshop (5-day)
- Establish a financial plan
- Assess your job skills and interests
- Collect your personnel records
- Begin developing a resume
- Begin career training/certification

180 DAYS

- Request your Verification of Military Experience and Training (VMET - DD2568)
- Develop your professional networking
- Research your desired career field
- Schedule medical/dental examinations
- Continue working with Transition Office

150 DAYS

- Begin applying for jobs
- Start buying a wardrobe for interviews
- Start posting resumes to career websites
- Consider your 8-year service obligation and Reserve Component opportunities

120 DAYS

- Aggressively network your resume and seek career opportunities
- Register for VA Benefits using **eBenefits** website – www.ebenefits.va.gov
- Research where you intend to live and contact Housing office for relocation assistance
- Continue working with Transition Office

90 DAYS

- Schedule interviews for career opportunities
- Complete ITP review w/ Transition Office
- Finalize your relocation plans

60 DAYS

- Finalize your relocation plans
- Continue working with Transition Office

30 DAYS

- Review your Certificate of Release or Discharge from Active Duty (DD 214)
- Conduct final review with Transition Office

Separation/REFRAD

Transition Offices

Army	Army Career & Alumni Program (ACAP)
Marines	Career Resource Management Center
Navy	Fleet & Family Support Center
Air Force	Airman & Family Readiness Center
Coast Guard	Worklife Division - Transition Assistance

Admiral addresses Troopers in a series of All Hands meetings

Story by Sgt. 1st Class Gina Vaile-Nelson

Editor, thewire@jftgtmo.southcom.mil

Rear Adm. Richard Butler, commander of Joint Task Force Guantanamo, addressed Troopers in a series of All Hands meetings at the Lyceums Oct. 28-29, and outlined results of a recent command climate survey and his vision to correct some of the issues brought to the commander's attention in the anonymous online-based survey.

"This is an important mission, as important as any other mission in the Global War on Terror," he said.

"I appreciate your feedback and comments. Leadership sets the tone and I want make sure everybody is on the same page," he said.

Some of those issues included quality of life initiatives; Internet connectivity issues and some

culturally specific issues.

As the admiral touched on each category individually, he expressed to Troopers that the leadership takes these issues seriously.

"I've got your back," he said. "The other commanders here have your back. As long as we keep communicating and everybody is going in the same direction we will be a success," he said.

Butler encouraged each Trooper to learn from the five branches of service represented in the JTF, and not let the diversity of the force cause clashes.

"It's my job to set the conditions for everyone to succeed," he said.

"Take the opportunity to learn from one another and we won't fail."



Photo by Sgt. David Bolton/The Wire

Rear Adm. Richard Butler, commander, Joint Task Force Guantanamo, addresses Troopers Oct. 28, at the Downtown Lyceum.

Navy chiefs bring breakfast in bed for fundraising drive

Story and photos by Lerone Simmons

Staff Writer, thewire@jftgtmo.southcom.mil

With a goal of hosting the annual Christmas party for junior enlisted Troopers, senior enlisted Sailors held a Breakfast-in-Bed fundraiser at U.S. Naval Station Guantanamo Bay, Cuba, Oct. 27. Cooking and delivering orders of pancakes, eggs, sausage and bacon at the Main Unaccompanied Housing building, the project was spearheaded by members of the Navy's 1st Class Association and Chiefs Association.

"Flights off the island are scarce and to be able to support troops that will be here for the holiday season means a lot to us,"

said Navy Chief Petty Officer Bob Didier, leading chief petty officer assigned to port operations, U.S. NAVSTA GTMO.

"Serving meals is one way for us to fundraise and to be able to look out for our junior Troopers," he said.

The breakfast isn't the first fundraiser the chiefs put together to offset costs of a holiday party.

"Last Sunday we sold spaghetti and made quite a bit of money toward our goal," said Navy Petty Officer 1st Class Olivia Lowery, a command career counselor assigned to U.S. NAVSTA GTMO.

"Activities like this helps boost morale, especially for junior Troopers seeing senior leadership helping them," she said.

Orders were called in and either picked up or delivered to Troopers rooms at a cost of \$7.



Navy Petty Officer 1st Class Shequita Sexton, culinary specialist, NAVSTA, whips eggs for the breakfast fundraiser Oct. 27.



Navy Chief Petty Officer Keith Bryska, mass communications specialist assigned to U.S. Naval Station Guantanamo Bay Public Affairs Office, delivers breakfast to Navy Petty Officer 3rd Class Jeffery French, an air-operations crewman for NAVSTA, as part of the breakfast in bed fundraiser Oct. 27. The fundraiser is to support the Chief's annual holiday party this December, and the money raised will go to offset the cost of the event for those Troopers far away from home for the holidays.



MOTIVATOR

OF THE WEEK

SrA Ricardo Mateus
TFP Support Cell Security

SGT James Bagby
591st Military Police Company

FOOTBALL MADNESS



at O'Kelly's Pub
Catch the entire lineup starting at Noon each day

SATURDAY COLLEGE
SUNDAY NFL

Group Fitness Classes

MWR Navy Fitness offers a variety of group exercise classes for all fitness levels at the Marine Hill Fitness Center. For more information, please call ext. 77262, 2113 or 2285.

Command PT

Mon.-Sat., 5-8 a.m. (by request)

Sprint Spin

Mon., Wed. & Fri., 4:30 p.m.

Power Training

Mon., Thurs. & Fri., 5:30 p.m.

Zumba

Mon. & Fri., 5:30 p.m.

3-2-1 Interval Class

Tue. & Thurs., 11:30 a.m.-Noon

Yoga*

Tues., 4:30 p.m.

Group Cycling

Tues. & Thurs., 6 p.m.

Pilates Mini Ball

Tues., 7 p.m.

Step Fusion

Wed., 4:30 p.m.; Sat., 9 a.m.

Water Aerobics

Sat., 10:30 a.m.

Cardio Kickboxing

Mon. @ 6:30 p.m., Wed. @ 5:30 p.m.
Thurs. @ 7 p.m.

*Fee - \$2.50 paid at Denich Gym

Windjammer Pool: Wed.-Mon., 10 a.m. - 6 p.m.

Marine Hill Pool: Mon.-Fri., 10 a.m. - Noon, 2-6 p.m.
Sat.-Sun., 11 a.m. - 6 p.m.

Effective Sunday, Nov. 3

New Pool Hours

Join The Wire's Team

Writers & Photographers Wanted!

thewire@jftgmo.southcom.mil



Would you tell a stranger
when you're not home?

Have you ever left a light on at your house when you're not home? When you're on vacation do you have a friend pick up your mail, or take the paper off the lawn so it won't look like there's nobody home? If you did, then you used OPSEC. We do these things to keep ourselves and our things safe from people who mean us harm. So why would you post your travel plans online? Putting travel plans online is the same as putting a sign in front of your house that says "I'm not home." Stay safe. Protect your travel plans. USE OPSEC!

Think before you click



Amateurs hack systems, professionals hack people. SEC_RITY is not complete without U! Downloading ".exe" files from the Internet on your workstation is against the Network User Agreement. Contact the Helpdesk @ j6-helpdesk@jftgmo.southcom.mil or call ext. 8333 for more information.



"Safety"

The difference between a good day and a bad one can simply be taking for granted how we carry out our assignments. Safety – it is everyone's top priority.

Photo by Marine Staff Sgt. Raul Gonzalez, Jr./DVIDS

THE DOWNSIDE UP

by Sgt. Darron Salzer

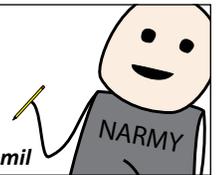


"Happy Halloween, GTMO!"

Wanna be a cartoonist?

If you're interested creating a weekly comic for *The Wire*, contact us at

TheWire@jtfgtmo.southcom.mil



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/jointtaskforceguantanamo

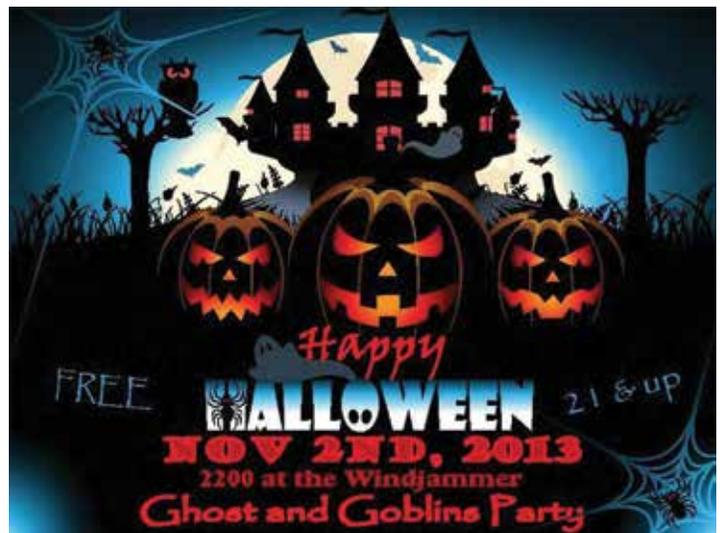


SPADES
Tournament

Thursday, Nov. 7

Are you game?

Camp America
Liberty Center



Why do they run?

Through the eyes and ears of the race photographer

Story and photos by 1st Sgt. Patricia Kishman

Senior Enlisted Leader, thewire@jftgmo.southcom.mil

At 5:30 a.m., Oct. 26, 55 contestants lined up at Cooper Field to attempt a daunting 12-mile race. While 12-miles is a real challenge for most, even on a flat scenic trail, these runners tackled Knob Hill and Skyline Drive before heading to Windmill Beach and back.

I asked myself at every race; why do they run?

Of course some, often natural athletes want to run for the competition, they want to win! They train for the current race or use the current race to help them train for more challenging races.

Army Sgt. David Bolton, copy editor for "The Wire," once told me he "runs for the shirt." Obviously he was teasing, because he never misses a race.

The Base Engineer Emergency Force runs for the influence of one another. Even though races aren't a team event, the BEEF represents as one.

But at this race, I found Navy Petty Officer 2nd Class Janice Mason, Joint Task Force Guantanamo, J2 office. The run was always the event she struggled with on her physical training exam while on active duty. She took a 16-year break in service to raise her children, then went into the Navy Reserves.

"I decided I wasn't going to let that run beat me this time," she said.

She studied running and reached to conquer her PT test. She started participating in the racing to become more fit and prepared for her PT test.

This Saturday she received her first medal. She was elated and had plenty to be proud of. She is an inspiration and evidence that you are never too old to master anything.



Navy Chief Petty Officer 2nd Class Janice Mason, Joint Task Force Guantanamo, J2, receives her medal following the 12-mile race sponsored by GTMO's Morale Welfare and Recreation Oct. 26. Nearly every weekend, a race is hosted at GTMO, promoting competition, physical fitness and camaraderie.

Bowling league announces winners



Graphic by Sgt. 1st Class Aaron Hiller/The Wire

League Champions: **GTMO Stokers**
 Highest Average (Men): **Josh Kolenda**
 Highest Average (Women): **Alison Staercke**
 Most Improved (Men): **Jerome Hurtgen**
 Most Improved (Women): **Stephanie Bell**

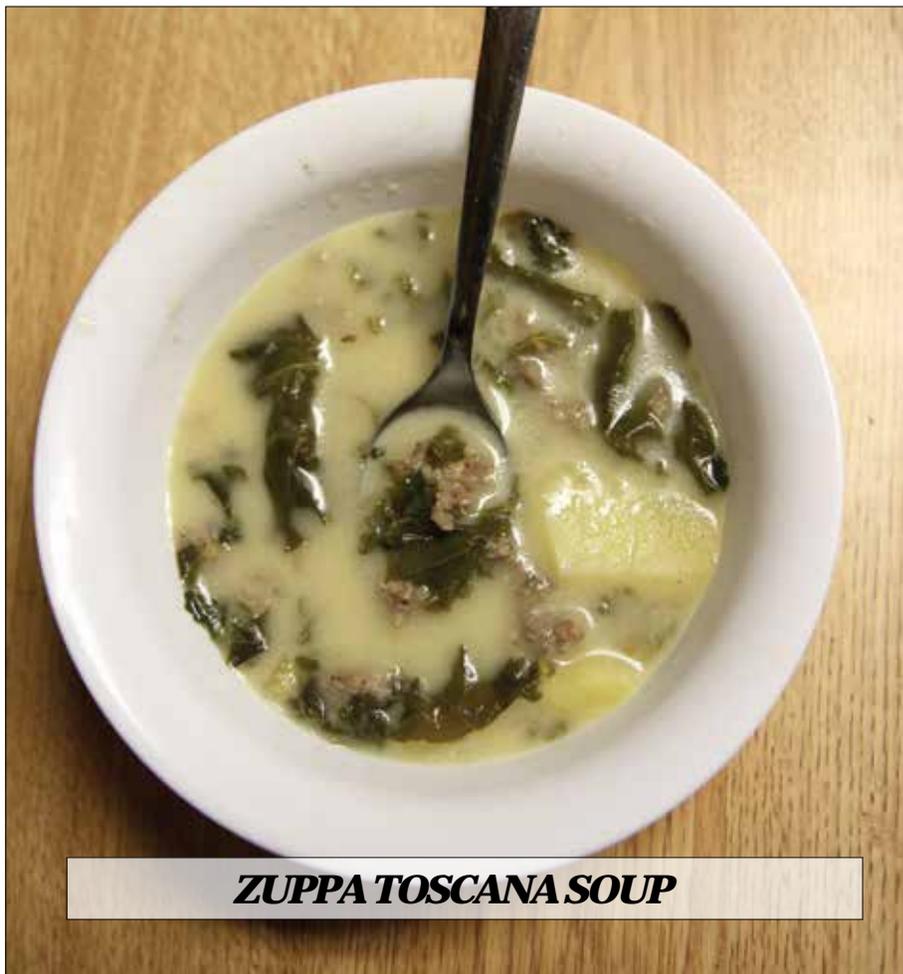


Photo Submitted

Meals with MONROE

This delicious soup was sent in by Staff Sgt. Lasima Packett. I can assure you, this soup will disappear quickly at any gathering you bring it to. The spices from the soup link up well with the sausage, and the texture of the potatoes makes the soup hearty. Try out this Italian-inspired soup today, and make some extra for leftovers. It's easy and delicious!

In a large pot, combine 2 cartons of **chicken stock**, 2 cups of **water** and 4 cans of **cream of celery** or **chicken soup**. Boil 4 large **potatoes**, sliced or chunked, in the soup mixture. Next, chop up 1/2 a bunch of **kale** and one cup of **parsley**, then add to the soup mixture to boil with the potatoes. You'll want to season the soup mixture to taste; some of the spices used were **pepper**, **seasoning salt**, **garlic powder** and just a little bit of **red pepper powder**. While the soup mixture is boiling, in a large pan, brown 2 pounds of **Italian sausage** (mild or spicy). Once sausage is done cooking, add it to the soup mixture. Once potatoes are cooked, remove the soup from the stove top. Let the soup cool for about 5 minutes, then dig in!



ZUPPA TOSCANA SOUP



p.s.
(one last thing)

I want to hear from you! Did you try my recipe and loved it? Did you try my recipe and hated it? Well... that's too bad but email me anyways!

If you have a recipe you'd like for me to try, **contact me!** cassandra.l.monroe@jtfgtmo.southcom.mil

jtfgtmo.southcom.mil

Career Exploration

Fleet & Family Support Center

Learn to match personal skills and interests with possible careers and opportunities



Wednesday, Nov. 6
1:30-3:30 p.m.



Holiday Mailing Deadlines



In order to ensure timely delivery of holiday mail and packages, please observe the following deadlines:

From the U.S. or OCONUS to GTMO

Parcel Post - Nov. 13
1st Class Mail - Dec. 1
Priority Mail - Dec. 1

From GTMO to the U.S. or OCONUS

Parcel Post - Nov. 13
1st Class Mail - Dec. 2
Priority Mail - Dec. 2

For more information, please contact:
NavSta Postal Officer: ext. 2304 - or - JTF GTMO Post Office: ext. 2331



A dragonfly rests on a twig near the Cuzco Barracks in this photo by Spc. Raul Pacheco.

PHOTO OF THE WEEK

Send your best photos to thewire@jftgtmo.southcom.mil